

# head protection

## Wear Proper Head Protection

Did you know that one of the most vulnerable parts of your body for injury is your head? It is subject to injuries from bumps, falling or flying objects, falls, and even shock and burns. It is one of the most important body parts that should be protected on the job with the right personal protective equipment (PPE).

Safety helmets or hard hats are the most common type of head protection. They come in two styles: one that has a brim around its complete circumference, and one that either has a peak or a bill. The hard outer shell, made from a variety of materials, protects you against impact, penetration and other hazards. The inner suspension system is designed as a shock absorber.

Depending on the kind of job you have, your hard hat will protect against different things. The kind you use, for example, might be designed to insulate against electricity, and resist impact, fire and water.

There is also a kind of protective head gear called a bump cap, which does not have the inner shock-absorbing suspension system but is designed to aid in prevention of minor bumps and cuts. Never use a bump cap in place of a hard hat.

In addition to safety hats, you may find your job requires the use of hoods. These coverings for the head, neck and shoulders protect against such hazards as potentially harmful dusts and liquids, cold and fire. Some may also include face protection.

Ask your supervisor for the right kind of protective headgear to wear for your occupation. Do some extra research to make sure it's the correct kind.

You should inspect your protective headgear on a regular basis for any signs of damage and other wear and tear. Watch out for pits, cracks, dents on the outer shell or a

faulty suspension system. If your hard hat receives an impact, it should be replaced. It may have received undetected damage. Hard hats that receive particularly heavy use or are several years old should be replaced more often than others.

*Store your headgear carefully and do not hang a hard hat up by the suspension system. Keep it clean, and be wary about using cleansers containing alcohol or petroleum; they might degrade the shell material.*

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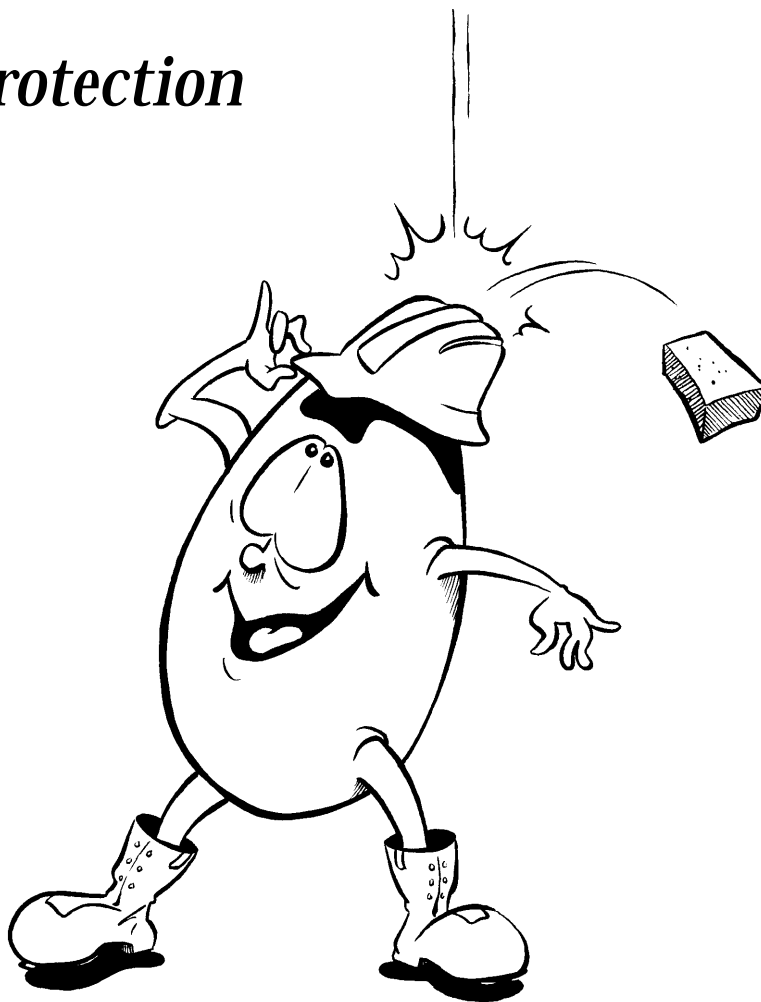
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